

Cold and Flu Season is Coming!

Read on to learn how you can . . .

Battle the Bug



Cold and Flu Facts

- The **flu** and the common **cold** are both respiratory illnesses but they are caused by different **viruses**
- Colds are much more common than the flu and the symptoms are generally milder
- Colds and the flu **cannot** be cured by antibiotics
- You will recover from colds and flu because your immune system will identify the virus and get rid of it



How the bug gets around

Cold and flu viruses can be transmitted via . . .

- ✓ coughs and sneezes of an infected person
- ✓ touching surfaces like kitchen counters, dishes, phones, doorknobs and computer keyboards
- ✓ hand-to-eye and hand-to mouth contact
- ✓ food prepared or served by an infected person

How to best prepare for battle . . .



Habits to prevent the spread of colds & flu:

- **Cover your cough & sneezes** with a tissue or your upper sleeve, **NOT** your hand.
- **Wash your hands often with soap & water.** If water is not available, use an alcohol-based hand cleaner.
- **Keep your hands away from your eyes, nose, mouth and ears.**
- **Get plenty of rest, eat a healthy diet, drink plenty of fluids and exercise moderately.**
- **Avoid close contact with people who are sick.** When you are sick, keep your distance from others to keep them from getting sick.
- **Get a flu shot.** Call the SHS clinic at 389-6276 for more information.





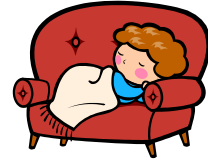
Is It a Cold or Is It the Flu???

| <u>Symptoms</u> | <u>Cold</u> | <u>Flu</u> |
|-------------------------------|----------------|--|
| Fever | Rare | May be high ($\geq 101^\circ$), Can last 3 - 4 days |
| Headache | Absent or Mild | Common, may be severe |
| Body aches & pains | Mild | Usual, often severe |
| Fatigue & weakness | Slight | Can last 2 - 3 weeks |
| Extreme exhaustion | Never | Early and prominent |
| Stuffy nose | Common | Sometimes |
| Sneezing | Usual | Sometimes |
| Sore throat | Common | Sometimes |
| Chest discomfort | Mild | Common |
| Cough | Hacking cough | May be severe |



Self-care measures to ease your cold & flu symptoms . . .

- Drink plenty of fluids - try some chicken soup or hot tea
- Rest & sleep more
- Avoid alcohol and smoking
- Use a vaporizer or run a hot, steamy shower to help with congestion and cough
- You can try some over-the-counter medications to ease your symptoms -
Acetaminophen or Ibuprofen for headaches, minor body aches & pains



Cough suppressants for night-time cough

Decongestants for excessive runny or stuffy nose

**Check with Student Health Services Pharmacy for more information about
Over The Counter products - located in Carkoski Commons 21**

When to make a Clinic appointment . . .

Usually you will get better without medications within a few weeks. Antibiotics, cold medicines & pain relievers will **NOT** shorten your cold or flu. However, some symptoms may indicate a need to see a health care provider, such as:

Fever over 101° for more than 48 hours

Severe sore throat or an extremely red throat

Pain in one or both ears

Cough with pain in the chest

Severe headache with a fever

Problems breathing (worse than stuffiness)

If symptoms last 10 days or more

